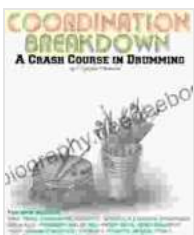


Coordination Breakdown Crash Course In Drumming



Drumming is a physically and mentally demanding activity that requires a high level of coordination. If your coordination is lacking, it will be difficult to play drums well. This crash course will help you improve your coordination and become a better drummer.



Coordination Breakdown: A Crash Course in Drumming

by Tom Henry

★★★★☆ 4.1 out of 5

Language : English

File size : 18497 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 74 pages
Lending : Enabled
Screen Reader : Supported



The Importance of Coordination

Coordination is the ability to move your body parts together in a smooth and efficient way. It is essential for drumming because you need to be able to use your hands and feet independently to play different rhythms. If your coordination is poor, you will likely have difficulty playing complex drum patterns or keeping a steady beat.

How to Improve Your Coordination

There are a number of things you can do to improve your coordination. Here are a few tips:

1. Start slowly.

Don't try to play complex drum patterns right away. Start with simple rhythms and gradually increase the difficulty as you get better.

2. Practice regularly.

The more you practice drumming, the better your coordination will become. Aim to practice for at least 30 minutes each day.

3. Use a metronome.

A metronome can help you stay on beat and improve your timing. Practice playing along with a metronome at different tempos.

4. Play with other musicians.

Playing with other musicians can help you develop your coordination and learn how to keep time. Find a band or group to join or simply jam with friends.

Coordination Exercises

In addition to the tips above, you can also practice specific exercises to improve your coordination. Here are a few examples:

1. Single-stroke rolls.

Single-stroke rolls are a basic drumming technique that can help you improve your hand-foot coordination. To play a single-stroke roll, alternate hitting the snare drum with your right and left hands while playing a steady beat on the bass drum with your right foot.

2. Double-stroke rolls.

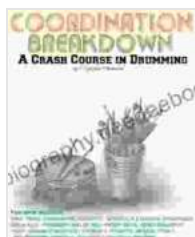
Double-stroke rolls are a more advanced drumming technique that can help you improve your hand-foot coordination and speed. To play a double-stroke roll, alternate hitting the snare drum twice with your right hand and once with your left hand while playing a steady beat on the bass drum with your right foot.

3. Paradiddles.

Paradiddles are a drumming rudiment that can help you improve your hand-foot coordination and independence. To play a paradiddle, alternate

hitting the snare drum with your right hand, then your left hand, then your right hand again, and finally your left hand again while playing a steady beat on the bass drum with your right foot.

Improving your coordination takes time and practice. But by following the tips and exercises in this crash course, you can become a more coordinated drummer.



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